



## Stress and relationships

This is an especially hard time. You and your partner may be feeling sad, angry, lost, or stressed and you may even feel like taking it out on your loved ones. If you feel this way, stop, take 3 deep breaths, and talk it out when you feel calmer.

### What is domestic violence?

Domestic violence, also called spouse abuse or battering, includes a wide range of acts such as:

- Scratching, pushing, shoving, throwing, grabbing, biting, choking, shaking, slapping, punching, burning, using a weapon against your partner or loved one
- Forcing your partner to have sex against his or her will
- Threatening to hurt your partner with words, physical force, or weapons
- Controlling what a partner can and cannot do

## How can I keep relationships healthy?

### Take action if you see something

If you see someone who is being violent, take action. If it is safe, remove the person from the situation. If your safety is at risk, inform a person in charge about the possible danger.



### Ask for support

If you feel you are in danger, get support from trusted sources like counselors, friends and family, and health clinics. This will help keep you safe.

### Do not use drugs and alcohol

These can increase feelings of anxiety and stress and may put you in places where you could be attacked.



### Take a time out

Relationships become more stressful when families try to replace lost housing, jobs, and find peace. If you feel stressed, take a time out.

### Get involved – Stay active

Volunteer for work in the shelter, community or school.

## How can I get help?



Call the National Crisis Hotline for victims of Hurricane Katrina at: 1-800-273-TALK (1-800-273-8255)